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CLAIMS

1. Safety pedal for bicycles, comprising a device for quick coupling to a cleat fastened to the sole of a shoe, including a toe element for receiving a front end of the cleat and a rear fastening device for engaging the rear end of the cleat when this is pressed over said rear fastening device and for releasing the cleat when this is rotated in the general plane of the pedal so that its rear end is moved laterally, said pedal comprising a resting surface for the cleat including cam means for opposing said releasing rotation of the cleat, and for lifting the side of the cleat, which is moved away from the centre of the pedal when said releasing rotation is imposed on the cleat,

wherein said cam means are only arranged on the side of the pedal facing outwards (with reference to the mounted condition on the bicycle), so as to be operative only when the rear end of the cleat is moved laterally outwards, with respect to the bicycle, starting from the engaged position.

2. Safety pedal according to claim 1, wherein the internal side of said resting surface does not present any means for opposing the rotation of the cleat, so that a lateral outwards movement of the rear end of the cleat, from the engaged position, does not lift the internal side of the cleat.

3. Safety pedal according to claim 1, wherein the internal side of said resting surface comprises a stop for preventing a lateral inwards movement of the rear end of the cleat.

4. Safety pedal according to claim 1, wherein said cam means consist of a ramp defined by a projection made by drawing on a metal plate fastened

**B1 X** by means of screws to the body of the pedal and defining said resting surface.

5 by means defining said resting surface.

5. Safety pedal according to claim 3, wherein said stop is defined by a projection made by drawing on a metal plate fastened by means of screws to the body of the pedal and defining said resting surface.

pedal according to claim 3,

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